



KY Dept. of Fish and Wildlife Resources  
#1 Sportsman's Lane  
Frankfort, KY 40601



*Becoming an **Outdoors-Woman (BOW)** is a workshop focused on the learning of outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...*

- ☐ *You have never tried these activities, but have hoped for an opportunity to learn,*
- ☐ *You are a beginner who hopes to improve your skills,*
- ☐ *You know how to do some of these activities, but would like to try your hand at some new ones,*
- ☐ *You are just looking for the camaraderie of like-minded individuals.*

**BEYOND BOW SPRING WEEKEND ADVENTURE  
FRIDAY, MARCH 27 – SUNDAY, MARCH 29, 2015  
NATURAL BRIDGE STATE RESORT PARK, SLADE , KY**

**PLEASE NOTE: THIS EVENT IS LIMITED TO 60 PARTICIPANTS**

The Kentucky Department of Fish and Wildlife Resources is funded through the sale of hunting and fishing licenses and boat registrations. KDFWR receives no general fund tax dollars. KDFWR does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities and equal opportunity to participate in all programs and activities.

### **COME CELEBRATE KENTUCKY BOW'S 20<sup>th</sup> ANNIVERSARY**

January 2015 marked Kentucky's 20<sup>th</sup> year of hosting BOW events. We hope through these past successful years women who are interested in wildlife-related activities have been provided a venue to learn not just outdoor skills, but also more about themselves. We know from participants comments who attend BOW adventures that they gain self-confidence and self-esteem in addition to outdoor skills.

***We encourage you to join us this year to celebrate 20 years and find an adventure to call your own!***

**REGISTRATION/CONFIRMATION:** Registration closes February 27, 2015 or sooner if capacity of 60 is met. One person per registration form please. Please complete the registration form and mail to **\*\* Beth Minch, PO Box 35, Stamping Ground, KY 40379**. A confirmation letter will be mailed to you along with packing suggestions, reminders and directions upon receipt of your registration and event deposit.

**EVENT FEE:** A \$50 event deposit covers class courses, materials, handouts, equipment, evening group activities and prizes. The deposit is required with each registration to reserve a spot for this weekend. Please include any extra fees for first and second class choices registered for. Checks must be made payable to Beth Minch mailed with your registration form to the noted address above \*\*.

**OVERNIGHT PACKAGES:** To help ensure you receive the best value Natural Bridge State Resort Park has created several overnight packages. Please call 1 800-325-1710 and advise the operator you are part of the Beyond BOW group. Be prepared to provide your room selection (single, double, cabin) and roommate information. Lodge rooms and cabins can hold one to four people. Your package rate will depend on the number of roommates you have and type of lodging you select. The Park package includes two night's lodging at Natural Bridge, five meals beginning with dinner Friday thru breakfast Sunday. **OVERNIGHT PACKAGE FEES PAID DIRECTLY TO THE PARK.**

#### **PARTICIPANTS ARE RESPONSIBLE FOR BOOKING PACKAGES WITH NATURAL BRIDGE STATE RESORT PARK**

**CANCELLATION:** Any cancellation made before February 27, 2015 will incur a \$25 processing fee from your deposit. Substitutes are accepted. Cancellations made on or after February 27, 2015 or no-shows will forfeit their entire event deposit. Natural Bridge has a separate cancellation policy. Please ask for those details at the time of your overnight package booking.

**KY BOW SPONSORSHIP:** A scholarship program was created to honor longtime KY BOW supporter/participant, Yvetta Reffitt. Contributions are dedicated to assist participants seeking financial assistance to the annual KY BOW weekend adventure in September. Contributions/gifts should be payable and mailed to address above \*\*.

**QUESTIONS OR CONCERNS:** Call 1-800-858-1549, ask for Megan Bagby or Naomi Wilson, BOW Assistants or e-mail Beth Minch, BOW Coordinator at [beth.minch@ky.gov](mailto:beth.minch@ky.gov). We strongly recommend you read your registration form and confirmation letter prior to contacting us as most issues are addressed there.

#### **WEEKEND AGENDA**

##### **FRIDAY, MARCH 27, 2015**

3:00pm Registration  
4:30pm Welcome  
5:30pm Dinner  
6:30pm Group Activity  
The History of Natural Bridge

##### **SATURDAY, MARCH 28, 2015**

7:30am Breakfast  
8:30am SESSION I  
12:00pm Lunch  
1:30pm SESSION II  
5:30pm Dinner  
6:30pm Group Activity  
KY Native Reptile's

##### **SUNDAY, MARCH 29, 2015**

7:00am Optional Devotion  
7:30am Breakfast  
9:00am Wrap-Up  
10:00am Optional Bridge Hike

## **CLASS DESCRIPTIONS**

**ADVANCED HIKING LIMITED CLASS** of 10 – In this outdoor adventure we'll enjoy the trails within the Park, most likely including a trip to the Bridge as well as some trails designated by the Park as 'strenuous.' There will be a quick orientation, then approximately a 2½ hour hike. Be sure to dress for the weather, including sturdy hiking boots/shoes, hiking stick if you use them for steep terrain, warm layers or rain jacket, water and snacks. Don't forget your camera because we will have some lovely views!

**CLUCKS, PURRS AND SPURS LIMITED CLASS** of 10 – The woods "thunder" with more than just spring rain showers, as wild tom turkey gobbling can be heard up to a half-mile away as mating season arrives. Learn about the state's most popular big game bird species, their sounds, behaviors and tips for hunting them with gun or camera in this informative, how-to get started session.

**HANGIN' WITH HERPS LIMITED CLASS** of 15 – Sometimes animals like salamanders, toads and especially snakes get a bad rap. This class will let you get up close and personal and learn the truth about how unique and beneficial these misunderstood creatures can be! Come say hello to our resident live reptiles and amphibians and unlock a whole, new world of wildlife!

**HERE A BIRD – THERE A BIRD LIMITED CLASS** of 15 – The Commonwealth is home and winter habitat for a host of colorful flyers. Listen and watch and learn to identify various species as they are called in by a veteran birder. See why so many outdoor enthusiasts engage in bird-watching, feeding, counting and most of all ENJOYING these special backyard friends!

**INTRO TO URBAN GARDENING LIMITED CLASS** of 10 – You don't need to live in the country or have a lot of space to grow your own food. Learn the art of intensive gardening - growing vegetables and fruit in a small space or a container. We'll learn about garden location, soil preparation and crop selection and rotation. We'll also discuss environmentally friendly methods of extending the growing seasons, pest control, saving seeds, fertilizing, composting and water conservation. **ADDITIONAL \$25 FEE OPTIONAL IF YOU PREFER A RESOURCE BOOK**

**INTRODUCTION TO WILD MUSHROOMS LIMITED CLASS** of 15 – All mushrooms are edible, but some only once. Join us in this informative class for the nature lover who is eager to learn how to forage and collect edible mushrooms in our region. Learn how to identify the edible ones from the poisonous ones as well as how and why to make a spore print.

**SOURDOUGH 101 LIMITED CLASS** of 10 – Sourdough baking has been done for centuries. Our foremothers on the Mayflower used wild yeast to leaven bread, as did the pioneers going west and the '49ers. We will discuss the care and feeding of a sourdough starter and fix (and eat!) some tasty treats using sourdough. **ADDITIONAL \$5 FEE**

**SPRING WILDFLOWERS AND NATURE WALK LIMITED CLASS** of 12 – Nature's very busy in March, and it shows! Spring ephemeral wildflowers should be peaking and others beginning to bloom before the trees leaf out and block the sun. Animals are out claiming territory, building nests and dens and doing their best to attract mates. On this hike, we'll be watching for all of it and we should see a lot! Dress for the weather, including appropriate footwear with ankle support. Homemade trail mix will be provided.

**WILD THINGS-EDIBLE & MEDICINAL LIMITED CLASS** of 10 – Learn that flowers, "weeds" and trees can nourish and heal you. We will learn how to identify and how to preserve and prepare them for many uses. **ADDITIONAL \$5 FEE**

**WINE FOR WILDLIFE (HUMMINGBIRDS) LIMITED CLASS** of 15 – Learn about Kentucky's only native hummingbird, how you can attract them to your yard, how to make hummingbird nectar properly, and how to keep ants away from your feeders. You'll also make your own hummingbird feeder from a wine bottle. You might even get to enjoy some "hummingbird nectar" made out of Champaign and cranberry juice. (For human consumption only, not for hummingbirds.) **ADDITIONAL \$10 FEE**

The Kentucky Department of Fish and Wildlife Resources (KDFWR) hosts this workshop in partnership with support and sponsorship provided by the Kentucky Fish and Wildlife Foundation, the Yvette Reffitt Scholarship fund and the Kentucky Department of Parks



**PLEASE READ CAREFULLY AND COMPLETE FORM PROPERLY**  
**MAKE \$50 DEPOSIT CHECK PAYABLE, INCLUDING ANY ADDITIONAL FEES OF CLASSES TO BETH MINCH**  
**MAIL COMPLETED FORM AND DEPOSIT TO: BETH MINCH, P.O. BOX 35, STAMPING GROUND, KY 40379**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_ (PRINT CLEARLY) \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

I HAVE CONFIRMED MY NATURAL BRIDGE STATE RESORT PARK PACKAGE: YES \_\_\_\_\_ NO \_\_\_\_\_

I may be exposed to some environmental/physical risk due to the nature of the event. I assume full responsibility for any intentional action or injury that may result from my participation. I understand and accept that photographs/videos may be taken during sessions to be used in future support of BOW. I understand organizing the BOW adventure takes place months in advance and every effort is made to offer all scheduled activities. However, in the event of an unforeseen and unavoidable event of a class/event cancellation or instructor change, BOW will provide excellent alternatives should the situations arise.

APPLICANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

THIS WORKSHOP CONSISTS OF TWO, 3-HOUR SESSIONS  
PLEASE SELECT YOUR TOP FOUR CHOICES  
MARK YOUR TOP CHOICE WITH THE NUMBER 1,  
SECOND CHOICE WITH THE NUMBER 2 AND SO ON WITH 3 AND 4.  
AS COURSES FILL, YOU ARE ASSIGNED YOUR 3<sup>RD</sup> OR 4<sup>TH</sup> CHOICE.  
SESSIONS ARE LIMITED AND ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS.  
PLEASE SELECT YOUR COURSES CAREFULLY; YOU CANNOT CHANGE YOUR SCHEDULE AT THE WORKSHOP.

\_\_\_\_ Advanced Hiking

\_\_\_\_ Clucks, Purrs and Spurs

\_\_\_\_ Hangin' with Herps

\_\_\_\_ Here a Bird – There a Bird

\_\_\_\_ Intro to Urban Gardening

\_\_\_\_ Introduction to Wild Mushrooms

\_\_\_\_ Sourdough 101

**ADDITIONAL \$5 FEE**

\_\_\_\_ Spring Wildflowers and Nature Walk

\_\_\_\_ Wild Things – Edible & Medicinal

**ADDITIONAL \$5 FEE**

\_\_\_\_ Wine for Wildlife (Hummingbirds)

**ADDITIONAL \$10 FEE**